



FAIHP's has some exciting new programs launching in 2016! We have increased our Behavioural Health department and now will be able to offer groups and programs for our clients and community!

We are very excited to launch our first ever **Native Men's Group**. This group will start February 25th 5:00-6:40pm and will last for 8 weeks with an option to extend it. The men's group is a gathering of Native American men in an effort to share wisdom and knowledge and to support one another within a shared and sacred space. The gathering of Native men will involve drawing upon the wisdom of dreams, hopes and visions to promote healing through the expressive arts such as clay sculpting, painting, writing, etc. Through the course of the group, important life and coping skills will be introduced as well.

Another offering will be **Fatherhood Is Sacred®** starting February 18th, 1:00-3:00pm at OVCD. Families are at the heart of all cultures. There is no work more important than fatherhood and motherhood. Today, many people and agencies view fathers as the cause of most family and social problems. However, FAIHP/NAFFA takes the position that fathers are not the problem, but the solution and must take the lead in keeping families together. FAIHP/NAFFA understands that, to help others make positive changes, you must love the people whom you serve and the work you bring to them.

The next Community Advisory Board meeting will be Monday, February 22, 10-12PM

Please join us, your voice is important! We will be discussing what you would like to see happen in 2016!

We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

For our youth **Understanding the Purpose of Life** – 12 Teachings for Native Youth, These teachings all include learning about what passion, perseverance, prayer, and purpose truly mean.

And **Clubhouse Emotions Curriculum** led by Amber M. for ages 5-12yrs will be held once a month. They will explore a different emotion and do activities that address those in a fun way.

Another program for the youth is the **American Indian Life Skills Development Curriculum**. The core life skills development activities focus on self-esteem; identifying emotions and stress; increasing communication and problem solving skills; recognizing and eliminating self destructive behavior; and setting personal and community goals. The suicide prevention mechanisms include reduction in depression and hopelessness instilled by the life skills and cultural teachings and from two specific units on suicide. This is led by Ruben G.

Also this year, FAIHP's Clubhouse is partnering with our Registered Dietitian to provide culturally-based **nutrition and wellness classes** each month. These classes will focus on basic nutrition lessons, promote healthy eating, teach age-appropriate food/snack preparation, and provide physical activity for optimal health and diabetes prevention.

We will also keep all of existing programs for our clients and community. To find out more call our office and visit our website: www.faihp.org and our Facebook page for more information.

We will continually strive to provide high quality, culturally relevant programs.

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CLUBHOUSE NEWS

Happy New Year from all of us at Clubhouse! The New Year has brought us many new teachings and activities here at Clubhouse. Renee (Registered Dietician) and Kristen (Dietitian Intern) have begun visiting Clubhouse to teach us about healthy choices

regarding nutrition and exercises.

This month she did an activity similar to musical chairs but when the

music stopped we all did a different type of exercise. We also were able to make veggie sushi which was so YUMMY! New foods were introduced to us such as hummus and veggies as a yummy dip! Veggie sushi is a great snack to eat after school when our bodies have gone through a long day at school and our minds need to be recharged. We also were able to learn about the 5 main food groups (fruits,

vegetables, grains/starches, and dairy) and what different types of food belong in those 5 categories.



Clubhouse has also begun learning new teachings called Understanding the Purpose of Life – 12

Teachings for Native Youth. For the next 12 weeks we will be learning about why Creator has chosen to put us on this earth, how we can grow to become healthy young adults, and walk in a good way. These teachings all include learning about what passion, perseverance, prayer, and purpose truly mean. This month

we have learned about choices and how our choices affect not only ourselves but the people around us. Clubhouse youth have had discussions regarding what choices we make as young people can influence the rest of our lives.



February is National Heart Healthy Month

What is Heart Disease?

Heart disease is when the arteries in the heart narrow and harden from build up of cholesterol and plaque that lines the walls. The arteries may become completely blocked, which may cause a heart attack. High cholesterol and blood pressure are factors that may lead to heart disease.

Uncontrolled blood pressure is the number one cause of heart disease. More than 67 million Americans have high blood pressure, which is why checking your blood pressure is very important. A person with high blood pressure is 3 times more likely to have heart disease.

*Eat a heart healthy diet

-Reduce sodium intake

- Limit sodium intake to 2300mg per day
- Use herbs and spices to flavor your food in stead of salt
- Look at food labels for low sodium options and buy foods that say low sodium
- Avoid fried food- it is usually higher in sodium and fat
- Eat more fruits and vegetables that have more fiber in them
- Use olive oil instead of butter to reduce your fat intake
- Use low-fat dairy option for milk, cheese and yogurt

Ranges for Blood Pressure

120/80 mm Hg	Normal Range
120-139/80-89 mm Hg	Pre-hypertension
140-159/90-99 mm Hg	Stage 1 Hypertension
160 or higher/100 or higher mm Hg	Stage 2 Hypertension

*Many people

do not realize that they may have heart disease because they do not have any symptoms so it is important to start taking care of your heart now.

Ways to Have a Healthier Heart:

*Monitor your blood pressure regularly

- May use monitor that is available at home
- Monitor blood pressure at doctor visits

*Quit and avoid smoking

*Start exercising- cardio will help improve you heart health

- 150 minutes of exercise per week is recommended, or 30 minutes 5 days a week
- Go for a walk, swim, or ride your bike.

Heart Healthy Recipe

Strawberry-Banana Protein Smoothie

- 1 Cup fresh or frozen strawberries
- 1/2 Medium Banana
- 1/2 Cup fresh or frozen diced mango
- 1/2 Cup nonfat plain Greek Yogurt
- 1 Tablespoon natural nut butter (cashew, almond, or peanut)
- 1 Tablespoon ground flaxseed
- 1/4 Teaspoon vanilla extract
- 4 Ice cubes or 1/2 cup water

Nutrition Facts:

Per Serving (1 3/4 Cup): 359 Calories, 14g Total Fat, 2g Saturated Fat, 6g Monounsaturated Fat, 6g Cholesterol, 26g Carbohydrates, 19g Protein, 10g Fiber, 85mg Sodium, 917g Potassium



ADULTS NEED VACINATIONS TOO!

Many adults have questions about vaccinations, the following are some recommendations from the Center for Disease Control. If you are not up to date on these vaccinations, please talk to your Healthcare Provider asap. Remember a small dose of prevention goes a long way!!

SHINGLES

Recommended for those 60 and over whether or not you had Chickenpox as a child, or were vaccinated against Chickenpox or have already had Shingles, you can get it more than once. This is a onetime vaccination. Shingles are very painful lesions/blisters often debilitating and can last from weeks to months! Just ask someone who has had Shingles, YOU DON'T WANT IT!!

PNEUMONIA

The Pneumonia vaccine is recommended for those 65 and older. There are two vaccines you should receive for full coverage. Pneumonia is a very serious disease which often leads to other illnesses. There are times when Pneumonia is difficult to treat due to antibiotic resistance. Pneumonia can lead to death especially in the elderly and persons with other serious health issues.

Diphtheria

Whooping Cough is the common name, but seriousness is its game....Whooping cough is a serious disease that has a high rate of death, especially in babies less than 6 months of age. The Whooping cough vaccine is usually combined with the Tetnus vaccine. As an adult you need to get this vaccine not only for yourself but children and unprotected adults that you are around. Whooping Cough is spread person to person. The vaccine should be repeated every 10 years.

These are just a few vaccines that as adults you should ask your Healthcare Provider about. There are other vaccines that also may be important for you. Please make sure you are up to date on all your vaccines. Call Nurse Nancy if you have any questions.



Nurse Nancy

AMERICAN INDIAN BEADWORK CLASS



TUESDAYS & THURSDAYS
5:30PM – 8:30PM
AT FRESNO AMERICAN
INDIAN HEALTH PROJECT
1551 E. SHAW AVE., STE. 139
FRESNO, CA 93710

CALL RUBEN GARCIA AT
FAIHP FOR MATERIALS LIST
ALL LEVELS OF EXPERIENCE
WELCOME TO JOIN

✱ MUST PROVIDE OWN MATERIALS ✱
CALL FAIHP TO RESERVE YOUR SPOT 559-320-0490

Disclaimer: Any opinions, written or verbally expressed in this class do not necessarily reflect or are shared by FAIHP.
If you have any questions, feel free contact FAIHP at 559-320-0490



Native Men's Group

When: February 25th, 2016

Time: 5-6:30pm

Duration: 8 week group with the option to extend it.

Where: FAIHP

Description: The men's group is a gathering of Native American men in an effort to share wisdom and knowledge and to support one another within a shared and sacred space. The gathering of Native men will involve drawing upon the wisdom of dreams, hopes and visions to promote healing through the expressive arts such as clay sculpting, painting, writing, etc. Through the course of the group, important life and coping skills will be introduced as well. At every group, there will be nourishing snacks/food.

Please contact Joyce Burel, LMFT or Tony Quintanilla, LMFT at 320-0490 to be added on the list.



FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139

Fresno, CA 93710

559.320.0490

www.faihp.org



EMDR Therapy

Eye Movement and Desensitization and Reprocessing (EMDR) is an evidence based psychotherapy treatment discovered by Dr. Francine Shapiro in 1987 for the treatment of traumatic and disturbing memories. Several studies have shown that EMDR can help a person heal from the symptoms of emotional distress and trauma in a shorter amount of time than traditional talk therapy. EMDR therapy has demonstrated that the psyche has an intrinsic drive toward wholeness and healing and similar to our bodies when we have a cut, will strive towards self-regulation and healing. However, there are times when the cut may become infected or have a block which further delays the healing and can make a person feel progressively worse. Once the block or foreign object is removed, the healing will resume. Using an 8-phase protocol and bilateral eye movement stimulation, bilateral taping, vibration or sound, the therapist helps the patient remove any psychological blocks induced by traumatic experiences in order for the natural healing process to activate.

What to expect during and EMDR session:

The first few sessions the therapist will take a detailed history of the patient; past and current symptoms and triggers.

Once the therapist and the patient have determined which target memories, sensory triggers and behaviors to address, a treatment plan is created with specified “targets” to be addressed within the 8-phase protocol.

During the reprocessing phase of EMDR, the patient will be asked to focus on different thoughts and bodily sensations related to the situation being targeted while specialized bilateral eye movement stimulation is applied (some patients prefer alternative bilateral stimulation procedures such as taping, sound or vibration). When this is done, blocks are removed; the patient begins to experience a decrease in traumatic symptoms as well as a shift in the underlying belief system.

Bilateral Stimulation:

The therapist will guide the patient through specialized hand-eye coordinated movements or have the patient tap on the hands, shoulders or knees in order to activate the right and left hemispheres of the brain in order to reprocess “blocks” and activate the healing process.

Studies have shown that bilateral stimulation “mimics the brain’s activity during REM sleep.”

Research:

EMDR is recognized as an effective treatment for trauma by the American Psychiatric Association, the World Health Organization and the Department of Defense.

Twenty controlled outcome studies have demonstrated that EMDR effectively decreases/ eliminates the symptoms of Post-Traumatic Stress Disorder for the majority of patients. A study funded by Kaiser Permanente, “found that 100% of single-trauma victims and 77% of multiple trauma victims were no longer diagnosed with PTSD after only six 50 minute sessions. In another study, 77% of combat veterans were free of PTSD in 12 sessions.” (www.emdr.com)

Currently, there are over 100,000 therapists throughout the world trained in providing EMDR therapy.

EMDR therapy is currently offered at Fresno American Indian Health Project.

For more information on EMDR therapy or counseling, please contact Juan “Tony,” Quintanilla, LMFT at (559) 320-0490.

For more information on EMDR, visit EMDR.com or EMDRIA.org

Interest Only

Strengthening Fatherhood through Family Formation



OVCDC Tribal TANF and FAIHP are holding a 12 educational workshops to inspire, ignite self-motivate, uplift, encourage, assist and teach responsibilities to be a positive father figure to our future generations. This is a Drug & Alcohol free workshop. Please contact us for more information. Family outings will take part at the Native Garden.

For more information contact:

OVCDC Fresno Site Project Coordinator: Kit Phackdy

559-226-2880 ext. 208

OVCDC Cold Springs Site Project Coordinator: Christopher Rodriquez

559-855-7570 ext. 397

FAIHP

1535 E. Shaw Ave

Fresno, Ca 93710

Laura Wass or Ruben Garcia

559-320-0530



FRESNO OVCDC Tribal TANF
5070 N. Sixth Street Suite #110
Fresno, CA 93710

JANUARY 2016

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FEBRUARY 2016

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All events are subject to change. Please call for more info (559)320-0490



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Fax: 559.320.0494

www.faihp.org



Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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